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BERNARD EDWARD JOSEPH CAPES.

ILL OF SILENCE

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A Supplement of the Journal containing the first seven chapters of "The Mill of Silence will be mailed to any address upon receipt of a two cent stamp.

Chap. 31.-One Mystery Explained.

The explanation I had desired for the morrow I determined to bring about there is morrow I determined to bring about there is least. This lorg, degraded life of despair world."

Chapter 32 .- Old Peggy.

favorite? So kings treat their favorites!"

He passed a nervous hand across his foreher? Have I ever by
her? Have I ever by
her boy, have I?"

The could make nothing of his changing
dramed of her but as a
hard."

He passed a nervous hand across his forepossible ruin that appeared to cling hauntingly to my father, I was not, at the same
time, disinclined to the belief that the
complete dissipction of his bugbear estate
of the dramed of the but as a
his wild eyes never leaving my face.
I could make nothing of his changing
moods.

His words brought before me with a
give to my father, I was not, at the same
time, disinclined to the belief that the
complete dissipction of his bugbear estate
of the typical materials.

When a bout the jar of coins?" I said.

"Ah!" he muttered, the odd expression
dramed of her but as a
his wild eyes never leaving my face.
I could make nothing of his changing
moods.

"Ah!" he muttered, the odd expression
dramed of her but as a
his wild eyes never leaving my face.
His words brought before me with a
time, disinclined to the belief that the
complete dissipction of his chair with a
lind stood listening on the stairs.

"One evening—a terrible evening. Remait
my favorite?"

We parity worn I'l tak your pardon."

"Renalt—my sow, lit is for your sake!"

"I can look after my own interests. Which
is it to be?"

He passed a netvous hand across his forepossible ruin that appeared to cling hauntit made and that villain. Won li to be?"

"Renalt—my sow, lit is for your sake!"

"Renalt—my own interests. Which
is it to be?"

I made and that villain. Won li the oper of the deal his possible ruin that appeared to cling hauntit meant—my own interests. Which
is it to be?"

I made and that villain. Won lit is for your sake!"

"Con look after my own interests. Which
is it to be?"

I made an distant the proving and the villain. Won lit is for your sake!"

"Con look after my own interests. Which
is it to be?"

I could make nothing of his chair, we my face.

"Renalt—my own interests. Which
is it to be



"My own Nevvy I" she cried, with an attenuated scream.

power o' gratitoode ower an uncommon rich meal and makes me a particlar ac-knowledgment o' my services."

could not keep her promise without ening her hold of the picture, but she dat me, with her cap bobbing, and began in the Journal April 27.

NOW COMES THE SHAKER BONNET.

The revival of the poke has prepared the public eye for the revival of other quaint styles of headgear, and the milliners have thoughtfully arranged that the public eye shall not be disappointed. Other qualit fashions have followed it. Bonnets which would be shaker in plain circles, are making their appearance, with trimmings which place them in the front ranks of fashion.

One of the prettlest modifications of the bonnet beloved of the Friends, is of pale gray straw, trimmed with gray tuile and soft pink faille and given a touch



of worldly brilliancy by three rhinestone buckles. The pink fallle forms a bow on one side and folds decorously over the front to the other side, where gray tulle is burched into a big rosette. The round buckles trim the bonnet's edge, and broad

strings of tulle tie slightly on one side beneath the chin. With this demure little bonnet a pretty jacket is designed to be worn. It is of gray cloth made in an Enlongated Eton shape, and embroidered with allver and pink bends. It is lined with pink silk, which shows in tabs and lapels.

kles by Proper Kneading.

Youth Can Be Restored by a Simple in a bit of rumpled slik.

Process-Fellow the Rules It is of the utmost it Given.

The Stockholm schools of massage turn out hundreds of first-class women operators and many of these come to this country ment be repeated, I give it herewith:

When the swedish institutes and many readers, who have dish. Nasturtium leaves, with their biting, peppery taste, are delicious filling for small ments; Put in a stone jar a pound of straw-berries, one of sugar and a pint of brandy. my readers who wish to keep the marks of time away from their faces to secure the Oil of almonds 8 ounces. services of a graduate of one of these schools, or to take a course of lessons; for once having learned one may give oneself treatment very effectively. Women who employ a skilled ladies' maid should have employ a skilled ladies' maid should have her taught true massage, which is not only go, but infinitely soothing and useful for and add the balsam of Peru and benzoin. many nervous allments where it replaces medicines (especially hypnotics or seda-

Occasionally during the treatment the face should be gently smoothed with the The New Place Occupied by the Dispel the Lines and Wrin- tips of the fingers of both hands, always taking care to make the passes contrary to the directions of the lines or wrinkles, just as one uses a flatiron to remove the creases

It is of the utmost importance that the skin should be quite clean when massage is The word "massage" is derived from the given, otherwise you knead the dust or face. Time was, and it is not long past, when Greek "masso," which signifies "I knead." powder into the pores of the skin and the "sandwich" meant a certain mixture of I have often thought that the meaning of the word (which is the origin of a cult Scrub your face first thoroughly with hot would have been regarded as an anomaly. so wide-spread and so soothing and magical water and a pure soap, using the camel's But the vegetarians and the experimenters in its effect when properly expounded, so hair face scrubbing brush for this purpose. In culinary science have changed that. In its effect when properly expounded, so harmful in the hands of the ignorant) harmful in the hands of the ignorant should be printed in large letters as a definition on every occasion the term "massage anoint the fingers with a good cream or skin food. Fifteen minutes' massage "or "massense" is written. A great many times "I bruise" would better explain the practice of the ubiquitous so-called "massage operator."

In its effect when properly expounded, so harmful in the hands of the ignorant) Rimself for this purpose. In culmary science have changed that. Nowadays some of the most delicious sand-with a same of vegetables or fruit. Lettuce, crisp and white, fresh from a bath of ice water, dried and fail between silm silices of brown bread with a little mayonnaise design, is one of the most popular spring of sugar, this is a great invention.

and many of these come to this country ment be repeated, I give it herewith:

and give real massage. I would advise MASSAGE OINTMENT FOR FACE AND

The sandwiches. They should be with mayonnalse dressing.

THROAT. Balsam of Peru..... % ounce.

HARRIET HUBBARD AYER.

STRAWBERRY SHORT-CAKE.

take a course of lessons themselves, I two-thirds of a cap of sour milk. Add a sweetness to suit the educated palate, suggest that the word "masso ("I "knead," plach of salt and flour enough to make a is the keynote of the system. Any one batter. Then add three-quarters of a teawho knows how to knead bread may learn spoonful of soda dissolved in a tablespoon begin to search for their old pot pourri how to apply that (to me) most mysterious ful of boiling water, and little by little recipes in order that they may preserve and difficult accomplishment to the resting more flour until the dough is stiff enough the flowers of Spring and Summer. Here tyrants. and beautifying of her face. The great to roll. Roll the dough into two oblong is a rule which requires the contents of a difficulty is in getting just the right prescakes. Lay one in the bottom of a biscuit florist's establishment, a chemist's and a sure on fifee and throat, just the right pan, spread it with butter and lay the sec. grocer's, but which is warranted to be fragamount of muscle and flesh (which represents the dough in bread-kneading) between moderate oven for twenty minutes. Hull rose petals and a half a pint of sait, the thumb and foreinger. The kneading the strawberries and sprinkle pleatifully Sprinkle a layer of rose leaves with sait, should be deep enough to start the blood with sugar one hour before the time of serrwell to circulating, never sharp or quick ing. When the cake is baked separate the
enough to hurt. The muscles quickly har two layers, spread the betries between the
den under this treatment and as the two and on top. Serve smoking hot with
muscles support the tissues, when they are powered sugar and thick cream.

3. The Judns kiss.

13. The medical kiss—for the sait and petals are used. Let them stand three days. Add three ounces of healing some sickness.

14. The kiss of etiquette.
namon, broken into pieces. Let this stand

15. The kiss of love—the muscles support the tissues, when they are powered sugar and thick cream.

Sandwich in Domestic Economy.

Some Timely Information on the Subject of a Fruit Compote Popular in England.

The best teachers of massage are the regular graduates of the Swedish institutes.

Youth he has robbed us of; getting it back pounded to a paste and laid between thin silces of unbuttered bread make a dainty

the sandwich, by the way, is occupying a better social position than it once did. It used to be considered an excellent makeshift for a hearty luncheon for school children and a satisfying banquet for hungry tramps. But who ever expected to see the sandwich gracing ceremonious dinner tables and holding a place of honor with ice cream at youthful banquets? Yet these things have come to pass. The roll which Time's most successful opponent so far as Melt the first four ingredients over a hot things have come to pass. The roll which wrinkles and lines on the face and throat water bath. While cooling stir constantly was once upon the well-regulated dinner table at each place has disappeared. Thin sandwiches of brown bread and butter are served with the first course. The same simple tidbit accompanies fruit and ice ders. To those numberless women who can neither afford to employ a masseuse or to Mix together one cup of sour cream and which had been voted of too cloying a 2. The diplomatic or knss of police

A TREATISE ON MASSAGE, relaxed the structure gives way and the HINTS FOR THE HOUSEWIFE for a week, stirring it daily. Put into a jar and and the following ingredients: One ounce of alispice, half a pound of fresh-

> Some mathematically inclined culinary genius has filled a long-felt want by inventing a measuring cup which tells the tyro where "one-third," "one-half," and other dimensions come. Considering that

. Here is the recipe for a fruit jelly popu The sandwich, by the way, is occupying a cherries come, add a pound of sour ones,

FIFTEEN KISSES.

kiss into fifteen distinct and separate or- cessful thus far."

2. The diplomatic or kass of policy.

3. The spying kiss, to ascertain if a woman has drunk wine. 4. The slave kiss.

5. The kiss infamous-a church penance.

8. The feudal kiss. 9. The religious kiss (kissing the cross).

10. The academical kiss (on joining a,

sait, solemi brotherhood), 11. The hand kiss.

13. The medical kiss-for the purpose of

15. The kiss of love-the only real kiss.

A SONG WRITER.

Miss Sadle Hawley, the daughter of Mr. dried lavender blossoms, the roseleaf stock, Henry E. Hawley, has lately developed one ounce of cloves, one ounce of clana- into a musical composer of no mean ability, mon, two grated nutmegs, one ounce ginger Since the early age of five years she has root sliced thin, half ounce of aniseseed, been a close student of the divine art under ten grains of finest Canton musk, two the guidance of some of the finest instructonnees of orris root sliced thin, one ounce of the essential oli of rose geranium, half position had lain dormant until about three an ounce each of the essential oils of jes- weeks ago. "Of course I could write music samine, lavender, lemon, verbenia, musk, well before," she said, "but suddenly I felt inspired to make a song of the sweet little poem 'Good Night, Dear Love,' by Frank



MISS SADIE HAWLEY.

L. Staunton, the Georgia poet. I did not know who he was at the time, for I came across the verses by chance." The result has been placed before the public-my first The monks of the Middle Ages divided the venture. I must add it has been very suc-

Miss Hawley has in the publishers' hands at present a two-step march, which is dedicated to the Michaux Club, of which she is a member. It was played from the manuscript the night of the recent fancy costume ride of the club. It will be rendered by the Ninth Regiment Band on Decoration Day. The slipper kiss, practised toward This talented young lady is at present en gaged in writing a lullaby, the words of which have been furnished by her younger

sister. Here are some of the uses of glycerine Mixed with equal parts of bay rum it is # shaving lotion which soothes the skin and temper of the man who uses it. Rubbed on shoes it preserves the leather and renders it water proof. A few drops of glycer-ine put in the fruit jars the hast thing be-fore scaling them will keep them from moulding.